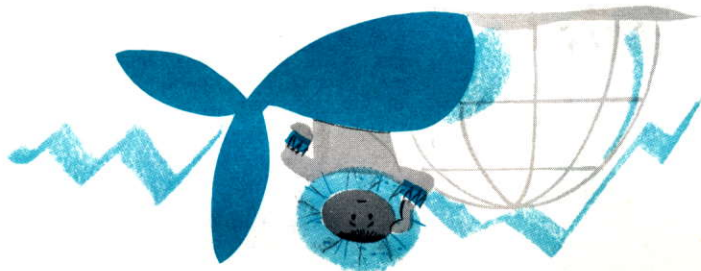
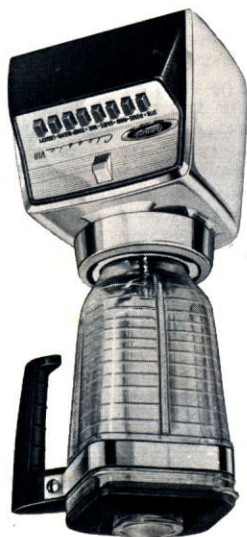
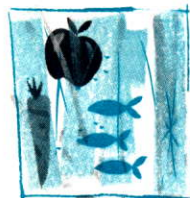


JOHN OSTER MANUFACTURING CO. Milwaukee, Wisconsin 53217

Oster



LET'S
FILL
THE
FREEZER





COLD FACTS ON FREEZING

Ever have unexpected supper company? Or get a late start on preparing dinner? Or not feel like going through all the steps of mealtime preparation some evening? Then be twice wise — Osterize gourmet dishes and freeze them. Just heat and serve. You'll love the results . . . and the economy.

For freezing food properly, the container and package material must be airtight, moisture, odor, and vaporproof. Correct packaging of food prevents drying out, preserves food value, flavor, color and texture.

FREEZING

1. Freezer with temperature of 0° or below.
2. Packaging material:

Freezer aluminum foil

Pliofilm

Laminated paper

Freezer cartons — waxed, plastic, or cellophane liners

Freezer tape

Freezer cellophane

Polyethylene

All purpose freezer jars

Marking pen or pencil

Check your grocer's shelves for all the latest in freezing materials.

Soups and dishes containing meats, milk, eggs, or seafoods must be cooled as quickly as possible after cooking. Once cold, these foods should be frozen immediately to help retain natural color, flavor, and texture.

Pack food tightly to cut down the amount of air in the freezer carton. However, allow ample head space because food expands when frozen. For example: 1 quart carton containing a liquid product — soup — requires 1½" head space; dry pack of fruit or vegetable requires ½" head space.

When wrapping fowl, meat, bakery products, etc., draw packaging material skin tight around food to remove excess air and make airtight seal, using either a drugstore or a butcher method of wrapping.

cucumber mousse

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|---|---------------------------------|
| 1 large or 2 small cucumbers
(1½ cups processed) | 6 tablespoons mayonnaise |
| 1 envelope unflavored gelatin | 1 teaspoon Worcestershire sauce |
| ¼ cup cold water | 1 teaspoon salt |
| 2 tablespoons boiling water | Dash of white pepper |
| 1 tablespoon lemon juice | 1 cup creamed cottage cheese |
| | Green food coloring |

Peel cucumber and cut into 1" pieces. Put into Osterizer container, cover and process at Lo (PUREE) until smooth. Use only 1½ cups of processed cucumber. Soften gelatin in cold water in Osterizer container and add hot water. Cover and process at Lo (STIR) until dissolved. Add cucumber and remaining ingredients. Turn to Hi (BLEND) and process until smooth. If desired, tint the mixture a pale green with a few drops of food coloring. Pour into a 1-quart mold or into 8 individual molds. Cover with freezer foil and freeze. Defrost in refrigerator before serving.

Yield: 8 servings

frozen peach and pecan salad

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| 1 cup heavy cream | 1 cup pecans |
| 1 cup mayonnaise | 8 peach halves |
| 2 3-ounce packages cream cheese, cubed | |

Blender-whip cream, empty into large bowl. Put mayonnaise into Osterizer container, cover and process at Hi (BLEND). Remove cover and gradually add cheese. When smooth, stop Osterizer, add pecans, cover and process at Hi (CHOP) a few seconds. Fold the blended mixture into the whipped cream. Arrange peach halves, hollow side up, in refrigerator tray. Pour the cheese and cream mixture over the peach halves. Cover tightly with freezer foil and freeze until firm.

Yield: 8 servings

cottage cheese salad

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|--------------------------------------|-----------------------|
| 3 envelopes unflavored gelatin | 2 cups cottage cheese |
| ¾ cup cold water | 1 small onion |
| 5 medium carrots, cut into 1" pieces | 1 tablespoon sugar |
| 1 green pepper, cut into 1" pieces | 1½ teaspoons salt |
| ½ cup mayonnaise | |

Soften gelatin in cold water and dissolve over hot water. Set aside. Put carrots and green pepper into Osterizer container, cover with cold water, cover container and process at Hi (CHOP) until carrots are chopped. Pour through strainer and drain well. Put remaining ingredients and gelatin into container, cover and process at Hi (BLEND) until smooth. Mix chopped vegetables and blended mixture together thoroughly in a large bowl and pour into a 2-quart mold. Cover with foil and freeze. Thaw in refrigerator before serving.

Yield: 8 servings



purees

For Baby

Prepare baby purees as directed in your Osterizer recipe book. Pour into ice cube trays and freeze. Each cube is just right for baby, easy to heat, and low in cost. Heat cubes in a covered saucepan.

For Soup-Lovers

Prepare your favorite rich soups in the Osterizer, then freeze in ice cube trays. Package cubes in bags for quick single servings.

For Making Jams

Blend fresh fruits to a pureed consistency in the Osterizer. Freeze, without sugar, and do your preserving when you have time.

peach mousse

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| 4 fresh peaches, sliced
(about 1 cup) | ⅛ teaspoon salt |
| ½ cup sugar | 1¼ teaspoon vanilla extract |
| 2 tablespoons lemon juice | 1½ cups heavy cream,
whipped |

Put the peaches, sugar, lemon juice, salt and vanilla into the Osterizer container. Cover and process at Hi (BLEND) until smooth. Fold the blended mixture into the whipped cream. Pour into freezer tray, cover tightly with foil and freeze. To serve: Spoon into sherbet glasses or parfait glasses.

Yield: 1 quart

banana muffins

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|---------------------------|---|
| 2 cups sifted flour | 1 egg |
| 2 teaspoons baking powder | ½ cup soft shortening |
| ¼ teaspoon soda | ¼ cup sugar |
| ½ teaspoon salt | 3 medium sized ripe bananas,
cut into 3 pieces |
| 3 tablespoons milk | |

Heat oven to 400°. Grease muffin tins. Sift flour, baking powder, soda, and salt into large mixing bowl. Set aside. Place milk, eggs, shortening, sugar, and bananas in Osterizer container, cover and process at Hi (MIX) until smooth. Pour blended mixture over flour mixture and stir until just mixed. Fill muffin tins ¾ full and bake about 15 minutes. When cool put in plastic freezer bag, make an airtight seal. Freeze. To serve: Thaw at room temperature, or remove from bag and put into warm oven until thawed.

Yield: 1 dozen large muffins

sweet potato á la osterizer

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|---------------------------------|-------------------------------|
| 4 large oranges, seeded | 4 tablespoons soft butter |
| 2 tablespoons sherry | $\frac{1}{2}$ teaspoon salt |
| 6 medium sweet potatoes, cooked | $\frac{1}{4}$ cup brown sugar |

Cut oranges in half and carefully remove pulp—do not spoil skins. Put pulp into Osterizer container, add sherry, cover, and process at Hi (BLEND). Remove feeder cap and gradually add enough sweet potatoes while processing to produce 3 cups of mixture. Add butter and salt and continue to process until smooth. Fill orange cups with mixture and top with brown sugar. To freeze: Set on flat baking dish and freeze without further handling. When frozen, wrap each quickly in cellophane and put inside plastic bag and seal. Return to freezer. To Serve: Arrange in baking dish with $\frac{1}{2}$ " of water. Put into 400° oven for 5 minutes, reduce heat to 350°, cook until defrosted and glazed on top.

Yield: 8 servings

applesauce cake

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| $1\frac{1}{2}$ cups sifted flour | 1 teaspoon ascorbic acid powder |
| 2 teaspoons baking powder | 1 tablespoon water |
| $\frac{1}{2}$ teaspoon baking soda | 3 medium apples, seeded and cut in eighths |
| $\frac{1}{2}$ teaspoon salt | 1 egg |
| $\frac{1}{2}$ teaspoon cinnamon | $\frac{1}{2}$ cup soft shortening |
| $\frac{1}{2}$ teaspoon nutmeg | 1 cup sugar |
| $\frac{1}{2}$ teaspoon ground cloves | $\frac{1}{2}$ cup walnuts |
| $\frac{1}{2}$ cup raisins | |

Heat oven to 350°. Grease and flour 9" x 9" pan. Sift dry ingredients together into large mixing bowl. Add raisins. Put ascorbic acid powder, water and 4 or 5 pieces of apple into Osterizer container, cover and process at Hi (BLEND) until apples are pureed. Remove feeder cap and gradually add remaining apple pieces. Process until all apples are pureed. Remove from container and measure 1 cup of applesauce. Add to flour mixture. Put egg, shortening and sugar into container, cover and process at Hi (MIX) until smooth. Remove feeder cap and add nuts, continue to process only until nuts are chopped. Add to dry ingredients and mix well by hand or rotary beater. Pour into prepared pan and bake 40 to 50 minutes.

Yield: one 9" cake



cream of celery soup

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|---|-------------------------------|
| 1 medium onion, quartered | $\frac{1}{2}$ bay leaf |
| $\frac{1}{3}$ cup butter | Dash of salt |
| 6 to 8 stalks of celery, cut into 1" pieces | Dash of pepper |
| 2 potatoes, cubed | 2 cups milk |
| 1 cup water | 8 sprigs of parsley |
| | $\frac{1}{2}$ cup heavy cream |

Put onion into the Osterizer container, cover and turn to Hi (CHOP) and Off until onion is chopped. Put into skillet with butter and saute until golden. Put celery, potatoes, water, bay leaf, salt and pepper into saucepan. Cover and cook slowly for 30 minutes or until soft. Remove bay leaf. Put 1 cup milk into Osterizer container with half of cooked vegetable mixture and onion. Cover and process at Hi (BLEND) until smooth. Pour into bowl and repeat process with remaining ingredients. When smooth, add parsley and process only until chopped. Cool. When cooled, pour into freezer container, seal and freeze. To serve: Put into saucepan. Simmer to thaw. Just before serving, add cream and seasoning.

Yield: 4 servings

cream of carrot soup

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|--------------------------|-------------------------|
| 2 cups carrot pieces | $\frac{1}{2}$ cup water |
| 1 onion, quartered | 2 whole cloves |
| $1\frac{1}{2}$ cups milk | 2 tablespoons flour |
| 1 cup chicken stock | $\frac{1}{2}$ cup cream |
| $\frac{1}{3}$ cup butter | |

Blender-chop carrots and onions in milk and chicken stock in Osterizer container. Drain through sieve and reserve liquid. Saute vegetables in butter, add water and cloves and cook until tender. Remove cloves, put half the reserved liquid, vegetables and butter and flour into Osterizer container, cover and process at Hi (BLEND) until smooth. Pour into saucepan, add remaining liquid and cook slowly about 10 minutes, stirring constantly. Just before serving add cream and season to taste.

Yield: 4 servings

green pepper meat soup

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|--------------------------------------|--------------------------------|
| 2 large green peppers, cut in pieces | 1 quart meat stock or consomme |
| 1 large onion, diced | Salt and pepper to taste |
| 2 cups canned tomatoes | 1 pound hamburger |
| 2 slices half-cooked bacon, diced | |

Put first four ingredients in Osterizer container. Cover and process at Hi (CHOP) until vegetables are chopped. Pour into saucepan with remaining ingredients; cover and bring soup to a boil. Simmer for one hour. Cool thoroughly; pour into freezing cartons and freeze quickly.

Yield: 6 servings